



Sierra County Health and Human Services

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FOR IMMEDIATE RELEASE

Sierra County Public Health Spring Refresh

Loyalton, CA – April 12, 2022: Spring is bringing new signs of life across our beautiful county. It is right on queue with reminders about new and fresh beginnings. After the long haul of COVID, it feels so good to have something to look forward to. There is excitement around getting outside, gathering with neighbors, friends and family. We can't wait to get out there, take deep breaths and soak up the warmth of the sun, have some fun.

Our physical and emotional health need our attention now. We are so very lucky to live in a place where there is an abundance of opportunities to go for walks, picnic, camp, fish, run, and bike right in our own backyard. Exercise and fresh air in nature are a powerful combination of benefits to heal what ails us.

Your Public Health Department is happy to be reviving programs and services for you, our communities, businesses, and schools. Having current and pertinent information available and accessible is a primary goal. Look for our new monthly newspaper corner, "Public Health Lookout," coming soon. The Sierra County website is currently being refreshed and will soon have a new look, information, and features. We plan to be more visible out in the communities as well. Look for us at local events and activities for some interactive opportunities to learn about a wide array of health and wellness tips and resources. We plan to be at the Family Resource Center on April 30th to celebrate biking, hiking, and swimming.

The COVID virus is being put into its place with the ranks of all infectious diseases that we work to prevent and prepare for. We have all learned much over these past two years. At the heart of it all, it is essential that we take good care of ourselves and our families. Just in the last couple of weeks we have seen the norovirus, common colds, and a gastrointestinal bug circulating. The message is familiar by now. Take care to wash those hands often. Cover coughs and sneezes. Keep your distance from those with symptoms. Stay home when you are ill. And yes, those masks are now a part of the tool bag.

Sending much gratitude for everyone's patience and efforts through the long haul.

Today is all about moving forward healthier and stronger together.

For more information on Public Health Programs, please go to: [Public Health | Sierra County, CA - Official Website](https://www.sierracounty.ca.gov/public-health)

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